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EDITORIAL

Children and Cinema

WITH the rapid development of the Cinema—the movies and the talkies—throughout the civilised world and the passionate yearning shown by men, women and children to have recourse to this kind of recreation, in preference to games, the stage, music and dance, a serious problem of national and international importance has arisen which calls for speedy solution. The film has a special and peculiar appeal to the audience. Its success depends on the thrilling sensation it produces on the bodies and the vivid impression it creates in the minds of the spectators. To effect these results, every device is employed to exaggerate the physical expression and suggestive action and thus intensify the visual impression.

What are the advantages and disadvantages of the Cinema? With regard to its advantages, as we have already said, the Cinema is primarily an instrument of recreation. It is perhaps the cheapest form of entertainment to the mass of the people. It satisfies the eyes and the ears, gives tone to the nerves and exhilarates the system. Secondly, it is an instrument of education. "It can be used educationally, in the limited sense of the word, as a mode of supplemental instruction in schools and colleges and for illustrating certain technical and scientific processes. It has, however, a special value as a medium of education in the wider sense: for the purpose of propagating ideas or information among the masses on such subjects as public health, hygiene, improved agricultural methods, civics and a variety of other matters."

Now, with regard to its disadvantages. We shall consider them under four different aspects—physical, mental,

moral and religious. While Cinema feeds the eyes, with its fine sceneries, it enfeebles them, by causing eye-strain and gradually renders them unfit for service. Though statistics are not available, we make bold to say that more men and women have become prematurely blind as a result of constant attendance at the Cinema. In the case of children, the harm done to their tender eyes is incalculable and irreparable. The Cinema is exhibited in darkness and in the glare of magnified electric lights. When suddenly children are rushed into the open, after the Cinema is over, their eyes are unable to return to their normal condition, with the result that they complain of eye-strain and head-ache, which may ultimately lead to loss of sight. Restlessness among children is another result of cinema. There is over-tension of the nerves, which is responsible for their restlessness. "Highly exciting pictures tax the heart too much and may lead to heart-trouble. Scenes of horror sow the seed of future nervous disorder." Then there is overcrowding and utter lack of ventilation in the theatre and consequently, the air becomes impure and unwholesome. It may be said there are electric fans but they are no proper substitutes for free perflation of air. Here is sown the seeds of tuberculosis and other pulmonary diseases. So much about the physical aspect of Cinema.

Taking the mental aspect, there is always an exaggerated and distorted view of life presented to the children at the Cinema Their minds at that impressionable age become saturated with those ideas and they begin to behave similarly. They lose self-control and forget all the teachings of the home and the school. Disobedience, disloyalty and other characteristic traits which they imbibe, are at once put into action and they are transformed into lawless rowdies in their adult-age.

As regards moral aspect, there is a good deal to be said against the Cinema. Cinema, at the present day, is the root-cause of more than 75 % of thefts, dacoities,murders, shootings, bombings kidnappings, divorces, looseness of sex-morals and other horrible crimes. Children, being the best imitators, soon find these things as easy roads to success in life. "Tricks practised by the screen crooks are used to secure easy money and trains are stopped to loot treasures after the picture-fashion. Boys and girls seek to engage in sexual relations after being sexually aroused by the motion pictures".

On the religious side, there is nothing to be said in favour of the Cinema. There is no place for God and religion in Cinema. "The film stars aim at being smart, daring, clever, rich, thrilling and passionate. They have lost sense of spiritual value. And without a sense of spiritual value, no worthwhile character can be produced".

In an able and interesting article by Mr. W. A. Watson, M.A., L.T., of the Lucknow Christian College, published in the Educational and Literary Supplement of "The Hindu" of October 2, 1935, valuable hints are given as to how to redeem the children from the blighting effects of the Cinema. Briefly stated they are : (1) that substitutes for motion pictures should be provided such as healthy outdoor recreations and excursions,

music and dramatics in the evenings, (2) that proper films should be selected by the parents who should always accompany the children, (3) that parents should explain the true significance of the actions in calmer moments, stripped of all their exaggerations and unrealities, and (4) that the entire community should be educated with regard to this vital problem and that, in the interests of their own children, they should demand better types of motion pictures.

Shanta Kumari.—Who played Ratnamala in Saint Tulsidas.

Already, a good deal of mischief has been wrought to youngsters in India by the Cinema films imported from foreign countries, in spite of strict censorships and we are glad that the demand for a better type of films, purely Indian in thought and character, is being rapidly met by Indian film producers. Scenes from ancient religious books of the Indians, which infuse ideas of honesty, industry, modesty, chastity, fidelity, loyalty and such other good traits are being exhibited now and we hope that with the active co-operation of the Indian Community and the film stars and film producers, the stigma, that is attached to the

Cinema generally, will be wiped out and the Cinema will ere long, become a potent influence for good alone and not for good and evil, in this country.

We are glad to announce that the Govt. of N. W. F. P., on the recommendation of the Director of Public Instruction, have been pleased to include our journal,'Health', in the list of journals and newspapers approved by the Govt. for use in Schools, in the N. W. F. P. for the year 1935-36. We take this opportunity of thanking the Govt. of N.W.F.P. and the Director of Public Instruction for their appreciation and due recognition of 'Health' as the proper medium of health education in schools in their area.

Marriage

By

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P. O. & Vill. Pantihal, Dist. Howrah.

INDIANS do not take as much interest in respect of selecting a bride or bridegroom, as is essentially necessary from a medical point of view. We generally look to beauty, prospect and social position and nothing more than these in almost all cases. We should bear in mind that it will be an offence on our part, if we remain blind, in selecting a life-long mate. Marriage of the Hindus, we know, is a part of their religion.

From a medical point of view, the following things should be considered before marriage takes place. (1) Age, (2) Health, (3) Habit, (4) Intelligence, (5) Parentage, (6) Social position.

1. Age

Both male and female should attain puberty before their marriage takes place. The difference of age should be, at least ten years, the male in all cases being older. Early marriage is a source of national degeneration. If a boy of 14 marries a girl of ten, in the course of three years, we may expect an issue from them. So, in about ten years, the boy will be the father of about seven children. As a matter of fact, we cannot expect healthy children from those who are not mature in age and complete in physical development. Before he is grown up and able to support a big family by his income, he is over-burdened with a big family of his own. In a majority of cases, he will have to struggle hard to make both ends meet. Besides that, he will find it very difficult to give proper nourishment to the children, not to say of giving them proper education. Under these circumstances, his life will be a misery, and the early marriage will be solely responsible for it. A youth of tender years is generally addicted to sexual excesses, as a result of which, his health is broken down and he looks like an old man at the age of twenty five. Moreover, when the girl attains her 23rd year, she will be mother of seven children. She will have to pass sleepless nights with cares and anxieties for her children from her 13th year, when the dreamy days of her childhood are not over. Consequently her health will be broken down due to frequent pregnancies, at an early age, when her body is not properly developed. Under these circumstances early marriage should be strictly prohibited.

2. Health

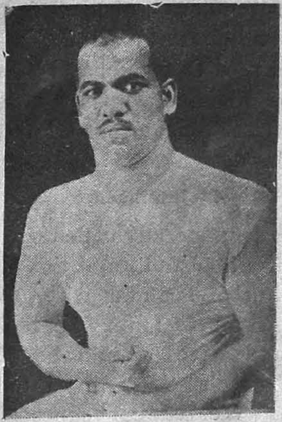
Health of a pair should be consider-

ed first of all. No one either male or female, should marry if his or her health is weak. If any one is a victim to frequent diseases, if he or she is a chron c sufferer from any disease, or

MISS MANI, KAIKHUSHROO NOBEL, (*WadiaCollege, Poona*).—*Is now in B.A. class; won 1st prize in fast Cycling races in Inter College Sports Tournaments, among 24 competitors from Wadia College, Poona.*

if either of them suffers from any infectious or contagious disease, marriage between them should be strictly prohibited; but we, Indians are blind to all these things, and suffer the consequences. Unhealthy parents will give birth to unhealthy children; so, infant mortality, will be greatly increased. If either of them is unhealthy, their conjugal life will not be happy. Infection from one will be conveyed to the other; so from one's disease, the other will suffer and his or her life may be cut short.

Incapacity of husbands is mostly responsible for some of the female diseases, such as Hysteria, Dysmenorrhœa etc. Insanity may also be caused by ineffectual sexual appetite. Incapacity of husbands in sexual matters may induce the wives to commit suicide and such cases are not rare in India. Weight of husbands should in no case, be lesser than that of the



MR. PATWARDHAN: RECORD BREAKER *in heavy-lifting of 210 lbs is from Fergusson College, Poona and won the first prize and has been called as heavy-weight Champion, a strong wrestler and a good orator and he was awarded many prizes for his above activities by the public.*

wife. So before marriage takes place, the parents and guardians should see that their children and wards get suitable matches, for each other. It is a rule that one should appear before an expert medical officer to prove that his health is free from any disease if he desires to secure a government service; so in my opinion, one should produce a medical certificate of fitness, before confirmation of his or her marriage.

3. Habit and Mentality

Similarity of habits and mentality are important factors, as regards happy union. By marriage one enters into fast friendship with the other; but this friendship will persist, only when their tendencies run towards the same direction. There may be want of money, but if both of them are inclined to remain satisfied with their own lot, we may expect their happy union; otherwise whatever their position or prosperity, there will never be peace of mind in their conjugal life. One, inclined to luxury, may not like one who is a miser; one of active habits may not tolerate one, who is lazy.

4. Intelligence

Wife is generally called the better half of the husband, and this signifies that a husband and a wife, together form a complete man. So both husbands and wives should be of great help to each other in intellectual matters. We cannot expect that a man of high culture will like the companionship of an illiterate person, of limited views. If both are very intelligent and highly cultured, we may expect an issue from them, who will be a genius in the future.

5. Parentage

By marriage two probably unknown families are related to each other, and their relationship will thrive well, if there is similarity of position of both the families. Dissimilarity of social positions will slacken the tie of friendship, sooner or later. Neither the husband nor the wife should consider the one superior to the other. A poor person of whatever merit cannot expect to receive hearty welcome from those who are rich and of high position. Besides that, those who are brought up in the lap of luxury cannot remain satisfied, by being united with one, who is poor. There is a gulf of difference between. the rich and the poor and this will persist, if by chance two such families are united by marriage. Their conjugal life will be a curse to them.

There are certain diseases, such as Syphilis, which are transmitted from father to son or Phthisis which may infect the son though not through heritage, at least by association. So from a medical point of view also,we should be well aware of the parentage of both the families.

6. Social position

In Europe, Royal families will enter into matrimonial connections with Royal families only; and it has a high merit also. We cannot expect the same mental development from a girl of the low class as you can from a high class family. Mentality of the future generation depends upon the state of mind of the parents.

Unless proper care is taken in respect of selecting brides and bridegrooms, we cannot expect, that our future generation will be able to compete with other nations in culture, both physical and mental.

A Few Hints to the Aspirants fo Jiu-Jitsu

By
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The art of Jiu-jitsu is the best art by means of which one can easily escape from a tight corner and get mastery over his assailant. Even though the assailant is a man of superb build and Herculean structure, a well-aimed and timed attack by a Jiu-jitsuan will make him cry for mercy. The mere theory

Jiu. Jitsu. Japanese way of Wrestling.

valuable though it is, will not suffice in the art of Jiu-jitsu. One may learn by heart all the words and descriptions given in a book, but hardly be a whit better off in the moment of vicious assault upon his person. The student's motto must be practice, constant practice!

The offensive and defensive feats of Jiu-jitsu combat can be undertaken without much practice or preliminary training. But the results obtained will be practically nil. Therefore it is quite essential for an aspirant to have some preliminary training before he takes up Jiu-jitsu. As the expert at Jiu-jitsu is able to defeat the boxer very easily, it follows that his blow must have both superior speed and effect.

In Jiu-jitsu, a blow is not struck with clenched fists, but is delivered with the inner or little finger edge of that palm. Therefore, these edges must be very hard, capable of inflicting injury. The edge of the hand is prepared for this attack by the following simple method which requires only time and practice. Strike the edge of the hand lightly and repeatedly against some hard surface daily for half an hour at least. It is of utmost necessity to increase the severity of this training as days go on. The harder the edges of the hand, the more effective will be the blows struck.

At the same time, the parts of the body that are likely to receive the blows from an opponent must also be hardened in this fashion. Harden the following parts of the body by repeated attacks on them. Either have your friend or manage it yourself. The blows when practising should not be given with the same severity as in actual and serious combat.

Lower leg:—Strike across the skin on either side and in front.

Upper leg:—Half way between the trunk and the knee.

Trunk:—Squarely on either side just below the last rib.

Kidney:—In the soft part at the back just below the last rib.

Wrist:—Back and front of the joint.

Fore-arm and Upper arm:—In the middle part on either side.

Collar bone and Shoulder:—Downward blow in the middle.

Neck-sides and back:—Very dangerous. Avoid as far as possible. Employ them only in the case of 'life and death'. When striking from behind use the heel of the hand at the base of the skull with a forward, upward movement.

In striking at the throat or neck the right hand of the assailant is used against the victim's right side and vice versa. If one wishes to become an adept in Jiu-jitsu, constant practice is necessary. As the space is very limited and the subject is a very big one, I will deal with the catches and trips on another occasion. Now, my friends, begin to practise the above hardening processes faithfully and earnestly. Let your motto be 'Practice, Constant Practice'.

Breast Feeding - IDEAL METHOD OF INFANT NUTRITION

By
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The problem of Infant feeding is one which demands a good deal of attention on the part of medical profession, especially so, because the modern mother has acquired a tendency towards feeding her baby either on animal milk or artificial foods prepared by the chemist. Moreover, in these days of so called advanced civilization, the modern girl does not like to be a mother and when however the natural event *i.e.*, birth of a baby, does occur, her further attempts aim at weaning the baby soon after its birth, thus causing an incalculable harm to herself besides depriving the baby of its natural and ideal food, alike in its composition and free from contamination. Whatever be the mode of feeding the child, an average mother to day, does not take so much care and pains over child's welfare as she would, in taking care of her toilet or even feeding her puppy. It is really a pity to learn that we have so much deviated from nature, as to have forsaken the ideal and natural method of breast feeding in favour of harmful and unnatural methods of artificial infant-feeding. I think that if the advantages to the child and to herself are laid before the mother, few women will refuse the privilege. The present article is intended to deal with essentials of breast-feeding, so that most important points that are usually forgotten in infant-feeding may be borne in mind. Moreover this opportunity is utilised to shake off the blind belief possessed by our ignorant mothers in regard to breast-feeding.

Breast feeding is undoubtedly far superior to any other method of infant nutrition. Statistics gathered from Infant Hospitals show that the mortality among the breast-fed babies is only 1/5th of the death rate among the bottle-fed and the former are more resistant to infection than the latter. Even a few weeks' breast-feeding gives the child's digestion a good start and fit it for subsequent artificial feeding if the lactation becomes a real strain to the mother. As said above, breast-feeding is best for both mother and child The advantages of breast feeding to the mother are:—

(1) It ensures better and more complete involution (diminution of size) of uterus (where baby lies before its birth).

(2) The mother gains more intimate knowledge of the infant and its requirements and it certainly produces better physical and psychological effects.

The advantages of mother's milk to the child are not far to seek. Nature wants that baby should have its mother's milk ; otherwise, why should the breasts lie dormant before the birth of baby and then begin secreting lot of milk after child-birth? The advantages are:—

(1) The child obtains natural food at body temperature without any contamination and with all its properties and vitamins unimpaired. Moreover, it gives the greatest security against intestinal disturbances like summer diarrhoea, and intestinal tuberculosis etc.

which are common troubles with the new-born babies.

(2) The mother's milk confirms some acquired immunity against some diseases.

(3) Being the most suitable food for the child, the latter can digest it easily and it does not upset its digestion.

(4) It provides the child with all the suitable materials in proper proportion, thus helping it in its growth.

The most important points to be kept in mind about breast-feeding are :—

I. Time

At the outset, the child should be trained to the utmost regularity in regard to its sleeping and meals. Habits begin to be acquired from the first day of its birth. All this ensures welfare of the child and comfort to the mother and other members of the family. Disregard of this point in respect of feeding has been well said to be sowing the 'wind' and is certainly followed by reaping the 'whirlwind'.

1st day.—The child should be put to the breast three to four times the 1st day (8 hourly). This not only teaches the child to suck, but at the same time it stimulates the secretory function of the mother's breasts. The new-born babe, which depends for its nutrition upon mother's milk, for the first two or three days, loses its weight to the extent of a few ounces. But this entails no danger to the life of the baby, for the latter is supplied with sufficient reserve of nutriment to keep it on for these days of scanty milk secretion'. The mother's first two or three days' milk is thick pale-yellow fluid called colostrum which contains more of proteins and salts and less of fat and sugar than milk, secreted later on. The child sucks some of this colostrum which is non-irritating to its stomach and has a beneficial laxative effect upon it.

Some Indian mothers think that baby is hungry soon after its birth and try to give the baby cow's milk by means of cotton wool wicks soaked in milk, because they seem to think that colostrum does not satisfy the hunger of the baby. This practice should be discouraged. At the most, sterile water or glucose water may be given between the feeds. To crown all, immunising substances are secreted in this colostrum which bestows a sort of immunity against some infections of childhood.

After the milk comes, the child should be put to breasts regularly. A healthy full-term baby of 7 pounds' weight or more should be fed at four-hourly intervals during the day and not at all during the night; 6 and 10 A. M. 2, 6 and 10 P.M., are suitable hours. A weakly premature underweight baby should be fed at three-hourly intervals during the day and once during the night. If a baby cries at night, it means he feels thirsty and wants water, thus a few sips of warm sterile water with or without sugar will lull him to sleep. A full term strong baby sucks more milk than a premature weakly baby on account of strong sucking muscles possessed by the former. An average healthy baby needs 2½ ounces of fluid per pound of its body weight, 1½ ounce of milk is required per lb. of the body weight *e.g.* an eight-lb.-baby needs 20 ounces of fluids, out of this 12 ounces of milk are

required. Divided into five feeds, it makes 2½ ounces per feed.

2. Duration of Feeds.

Average time, that a baby could be put to breast is 15 minutes at a time. If both breasts are used for each feed, seven minutes at each breast is sufficient. At the beginning both breasts should be used at each feed and as quantity of milk increases, the feed in the 2nd breast is gradually diminished until only one breast is used at each feed. The child should be kept awake all the time it is sucking. This can be done by gently tickling the sole of the baby's foot or tickling the skin behind its ears. Mothers too should not fall asleep when the baby is sucking. Before each feed, the mother should drink a glass of water for the latter increases the quantity of milk in breast. Moreover, last but not least, the mother should keep herself cheerful before and during feeding time; for the anxiety and worry have a deleterious effect both upon the quality and quantity of milk.

3. Position of Breast and Baby

3. Whatever position is maintained, it should be seen that the nose of the baby is not pressing against the breast, because that interferes with proper breathing of the baby. The mother should hold the nipple between the index and middle finger, slightly pressing the nipple, thus regulating the flow of milk to the child.

4. Care of the Breasts.

Great care must be taken to preserve the nipple from cracking. It is a good rule to wash the breasts once a day with soap and warm water. Too much use of antiseptics is not advisable because the baby may be repelled by its odour and taste. The nipple should be wiped with a clean handkerchief dipped in sterile water before each feed. After the feeding is done, the nipple should again be wiped with distilled water and some antiseptic glycerine like boroglycerine be applied to it. The latter application prevents the nipple from getting fissures and cracks. Similarly the mouth and lips of the child also should be wiped with a clean cloth before and after the feed. After each feed the child should either be made to sit for a while or put to bed to prevent regurgitation of milk and other mishaps. Too much fondling of the baby by the sympathetic relations is harmful as it is likely to be followed by vomiting. Last of all, the breast must be completely squeezed of its milk mechanically or with the aid of breast pump after each feed to avoid stagnation of milk and other complications.

5. Effect of Mother's Diet on her Milk

Too much strictness need not be observed as regards mother's diet. Our Indian mothers are rather too conservative in this matter. She should lead an equable life. Good sleep and rest are highly desirable. Light suitable exercise, massage and fresh air are essential. She requires rather excess of calcium, iron and vitamins both for herself as well as for the baby. Thus, she should be encouraged to take plenty of milk, plenty of green vegetables and fresh fruits. Protein diet gives rise to more production of milk while a fatty and carbohydrate diet makes the mothers rather fat and does not effect the production of milk. Most of nursing mothers feel extremely

thirsty and thus they should be freely satisfied unless baby begins to suffer from diarrhoea. Alcoholic drinks are generally harmful.

6. When to Wean the Baby

A baby should be weaned, unless there are some contra-indications, when he is 15 lbs in weight, and this weight the baby usually acquires at the age of 9—12 months.

7. Contra-indications to Breast Feeding

The following maternal conditions make suckling undesirable :—

1. Tuberculosis either active or latent.

2. The occurrence of pregnancy during lactation period diminishes the quantity and quality of milk.

3. Some acute illness like malaria, influenza etc.

4. Heart disease, insanity, diabetes and kidney disease.

5. Some complications during or after delivery like bleeding etc: on the part of the baby, the only contra-indication to breast feeding is deficiency or absence of milk in the breasts. Wasting and indigestion of the infant are very rarely an indication for weaning but rather for the continuation of the breast feeding.

8. Causes of Deficiency of Breast Milk

Briefly speaking, the main cause of deficiency is anaemia combined with grave nutritional disturbance. Modern mothers have the tendency of taking very little food during meals in order that they should look thin. This kind of starvation should be discouraged. Another rare cause is defective development or too much pressure upon the breast, caused by the modern elastic breast-binders used by fashionable mothers now-a-days. This constant compression of breasts leads to destruction of breast tissues, hence failure of breast milk.

9. Signs of Successful Nursing

The essential thing is progressive increase in weight *i.e.*, baby must put on 5-8 ounces of weight every week. The child should sleep well, cry little and there should be no regurgitation and vomiting after feeds. The bowels must be regular, about two or three times a day, without any pain or excessive flatus.

I sincerely hope that our mothers will realize the importance of Breast Feeding as an ideal method of infant nutrition even now, for it is never too late to mend. All this would lead to lowered infant mortality, better health and general prosperity of the nation. At the same time the mothers should also dispel the erroneous belief in their minds that they run the risk of getting weak by nursing their babies on their breast. Instead, it is as advantageous to themselves as it is to their children.

The first drink that man ever had was Adam's Ale. It is the foremost drink even to-day and ever shall be. It is both divine and democratic. It is a blessing beside which the treasures of Kings pale into insignificance.—THE YOUNG BUILDER.

Honey as a Health Food

By
J. DASIAH,
Marthandam, S. Travancore.

HONEY is a sweet viscid substance produced by honey bees from nectar of flowers. The raw nectar in the blossoms is little more than sweetness and water, plus the essential oils that give each flower its characteristic perfume. Within the hive, the bees transform their chemical structure, producing a substance of nearly equal parts of grape sugar, and fruit sugar or dextrose and levalose. Chemically considered, honey is carbohydrate solution of invert sugar (dextrose and levalose in nearly equal proportion) with dextrin and other substances. Some of them are pollen, ethereal oil, various phosphates, lime and iron. Most of the elements to be found in the human body are present in small proportions.

By analysing honey, it is found that it is a carbohydrate substance containing a mixture of invert sugars averaging approximately 38 to 40 percent levalose, 34 to 35 per cent dextrose and from 1 to 10 per cent saccrose. The moistuie content varies from 14 to 20 per cent and dextrin less than 1 per cent.

The wholesomeness of Honey

That honey is a satisfactory and wholesome food-stuff is attested by its general acceptance as such, wherever and whenever it can be obtained. Special properties and virtues have even been assigned to it in some cases.

Because the chemical change effected by the bee in the sugars of nectar is the same as that effected by digestive ferments and the principal sugars have therefore undergone the first step of digestion, honey is often said to contain predigested sugar and to be more wholesome than cane sugar. So a special claim made for the wholesomeness of honey on this ground is very important. It is generally believed that the energy from sugar is liberated for the use of the body more quickly than from such other fuel foods as starch and fat.

Everyone knows that eating sugar upsets digestion. For persons suffering from digestive disturbances, honey is a safer form of food than cane sugar. Honey is said to have a mildly laxative effect. The statement is doubtless true, as it is of many other food materials, especially those of vegetable origin. Many misunderstand honey and always say, it causes constipation. But it is not at all true. I have personally tried and found it helping the stomach to move freely. It is wise to use honey ràther than using any other forms of sweet. The effect of honey will be more beneficial.

Honey Superior to Sugar

The production of heat means the introduction of strength and energy. The gigantic strength of Hercules was due to the heat obtained from his food transfoimed into energy. It is of great importance that our food should contain enough calories. Honey is a food more full of energy than sugar. It stands high as a producer of strength. Those who add honey to their daily diet may be assured that they are adding to their capacity to work with brain and hand.

Since honey does not require a change in form before assimilation, unlike cane sugar, it does not tax the digestive organs. Before sugar can be admitted to the blood, it must be in invert sugar form, like the sugars in fruits or honey. Cane sugar, if constantly used, will be only one-sided food, for its sole function is to supply energy to the body in the form of heat. Since the other nutritive elements are lacking in sugar, a continuous use of it brings about unbalancing of the diet and making it deficient in some of the substances which are needed for the building and repair of the body tissues and for the regulation of physiological processes. Eminent men who have carefully studied the effect of sugar on the body, have come to the general conclusion that it is the cause for the dangerous disease, diabetes. Most of them advocate the free use of honey, since it contains other important nutritive substances, protein, iron etc., apart from invert sugar.

Honey forms a very good food for a diabetic patient to whom cane sugar will be a poison. Hence we see, a free use of honey as a daily article of food in the place of cane sugar, not only to gives strength and health to the body but also prevents such diseases as diabetes.

Hippocrates and Celsus, as well as all the physicians, prescribed honey as a laxative and expectorant, and it is still used in folk medicine as a cure for a multitude of ailments.

That such a wholesome food should have been given up as a staple article of diet is a sad commentary on the intelligence of so-called civilized people. The tendency of the urban population to follow the path of least resistance and substitute sugar, which is more easily obtainable and slightly cheaper, is the reason for the neglect of such a wholesome natural food. But the time has come to reinstate honey to its former pre-eminence.

Uses of Honey

In its natural state honey is often served much as jelly, jams, and conserves are, and because of its delicate flavour and its sweet taste it is especially adapted for this purpose. This is only one of its many uses, however, for it can be combined with many other foods to form attractive dishes in great variety and for this reason deservedly ranks as a staple food.

Honey is used both in its natural state and as an ingredient of cooked food. In this country, it is more commonly used uncooked than cooked, and practically all honey is consumed in this way. Honey can be much more commonly used in cookery. Honey can be used in place of sugar for preserving fruits etc.

POTATOES IN THE DIET OF HEALTHY INFANTS

Brugsch recommends the use of potato in the feeding of Healthy infants in place of maize or white flour.—'Ueber die Verwendbarkeit der Kartoffelstarke in der Sanglingsnahrung, Munch. Med. Woch, 1935, 13.—THE MEDICAL WORLD.

Village Cleanliness and Health

In South India, there are three common kinds of latrines in common use. In many houses a small pit is dug, and the contents are supposed to be emptied daily. Unless great care is exercised in cleaning it daily, it is a very unsatisfactory type. There is an obnoxious smell from the faeces during the whole day and night, and flies collect. Where there is a scavenger service, some people use a small bucket which is emptied once a day, but this is not possible in the villages. The third variety is a kind of pit latrine. Sometimes it is an open pit of some depth with a wooden plank across it. It generally has a wide mouth, because it is impossible to dig it otherwise. This kind breeds flies in great numbers, is accessible to birds and insects, and is offensive to smell and sight. A few rich people make their pits expensive and deep, and cover them with wooden or stone platforms. Besides being costly, these are generally offensive in smell. Decomposition goes on very slowly in such latrines.

The Bore-Hole Latrine

It seems that the bore-hole latrine has been proved to be a most satisfactory one for many parts of India. They are successfully used in Ceylon, the Philippine Islands and Java, in some parts of the Madras Presidency and in other places. The Madura District Board is said to have brought about the installation of about three thousand of them since 1927. The Travancore Department of Public Health has plans for the adoption of the bore-hole latrines in every house in the Neyyattinkara town and the adjoining pakuthis and to extend them gradually to other parts of Travancore.

The bore-hole latrine combines utility and sanitation and protects health. If properly made, dangerous flies do not go into it. There is no bad smell from it. It hastens decomposition, deodorization and germ-destruction. It is inexpensive and within the reach of the poor family. A good bore-hole latrine can be built for a family or a school at a cost as low as one rupee if the family or the school children and teachers will perform the lobour themselves.

The Borer

A round hole in ground from 15 to 20 feet deep and 17 inches in diameter is made with the boring instrument. A cross bar or a long pipe wrench is used for turning the instrument in boring. The boring machine complete should not cost more than Rs. 30.

Introduction of the Borer in the Villages

In order to help the villagers, the borer should be freely loaned to any one who wishes it. After the dawn of consciousness of filth and need of latrines the borer will be in great demand; so that it will have to wait a list of those who want it, and carried back and forth from village to village. Families and schools must be encouraged to do the boring without hiring the labour. If labour is hired, about four men are required, and it would take one or two days' boring according to the softness or hardness of the soil. At the price of labour current in Southern India, the lobour may cost Rs. 2 or 3. A wooden frame

guide may be used *to steady* the instrument. It is put on after the first three feet. It helps towards a straighter hole and saves one labour.

The Stone Slab

When the hole is *finished*, a slab for the top, called a *squatting* slab, is necessary. This may be made of reinforced concrete But this would be too expensive for poor people; so slabs could be made from the granite of local rocks and each will cost only Re. 1. They are made in two half sections which fit together. Thus they are easier and cheaper to make and light to carry. When the stones are laid, a handful of cement should be used to close the joints, making them watertight.

Considerable encouraging needs to be done to ensure that the stone is placed in position as soon as the hole is bored. The soil at the sides of the stone should be heaped up even with the level of the stone and rounded off so that the surface water will run away from the hole, and not into it. A good size for the hole in this slab is 14 inches from front to back, 5 inches broad behind, and 4 inches in front. The hole may be cut in straight lines, or it may be rounded. Opinion is in favour of this smaller size hole, which is suitable to all members of the family including children. The representative of the Rockefeller Foundation says that the footrests are not necessary. They have some value towards causing the user to take a right position. If sloped fairly sharply towards the front, the user will be disinclined to turn the wrong way. The Travancore Health Unit in Neyyattinkara Taluq has invented a reinforced concrete slab which costs Rs. 3 This is made on a wooden mould which causes it to be dished towards the centre, so that all liquid will run into the hole. It is noticeable that, even when one of these latrines is used by many people, it is free from all offensive odours and is aesthetically attractive. The deep hole is dark inside and insects do not enter. When the hole is filled upto near the top, the large blue-bottle-fly may enter and breed there. This and the development of maggots may be prevented by an application of quicklime every ten days. Lime should always be used in latrines after they are filled up within eight feet of the surface.

Experiments indicate that it is safe to bore those latrines 25 feet from a well. But, to be very safe, we would not put them within 75 feet from the well. Do not be disturbed if water is struck near the bottom of the latrine. Water at the bottom of the latrine does no harm; and if it is present, the action is similar to that of the well-known and scientifically sound septic-tank latrine. Sandy soil produces a difficulty. It may be overcome by the use of basket-work stays, pipes or small barrels on top of the other.

Sanitation with Utility

An ordinary family of upto seven persons will use one of those latrines for 1½ to 2 years before it is filled up. If lime is used, the hole may be used to within 2 feet of the surface. Then the slab is removed and hole is filled up with earth, which is slightly mounded above it. The place of the hole is marked by two stakes securely driven. Another hole is now bored

near the first one and the slab is placed over it. After a year the night soil in the first hole will have been completely deodorized and pulverized; and all germs will have been destroyed by the action of bacteria from the soil around the hole. Before the second hole is filled up, the first hole is bored out with the same borer. This is very easy boring and will require little labour. The material will be found to be dark in colour, of convenient consistency to spread on the land and an excellent fertilizer.

Latrines yield profit

No country more than India needs manure to fertilize the soil. These latrines can thus be an economic asset, and will yield valuable manure worth more than the worth of the latrines. And as the same hole may be used in future years, the profit will be greater still, as expenses of construction do not occur any more.

When the second hole is filled up, it is closed in the way described, and the slab is put back over the first hole which has now been emptied of its contents. So these two holes may be used indefinitely.

Reference :—

Allahabad Farmer, March 1933, published by the Agricultural Institute, Allahabad, U. P.

Health News and Notes

The Population Problem. — At Shrewsbury last year the birth-rate (12.8) and the death-rate (12.6) were for the first time almost equal and practically cancelled each other out. Commenting on this fact, Dr. A. D. Symons, M. O. H. suggests that before long the population problem must become a matter of national concern and probably of Government action. He writes :—" It is said of us as a race that we do not upset ourselves unduly until a crisis appears, even if we see it on its way, but that when it is right on us, we put our backs to the wall, tighten our belts, fight with determination and some how muddle through. At present we appear to be entering an era which has been described as the "Twilight of parenthood" and whether the restriction of families continues or not is a matter which the future will reveal. There is little doubt, however, that as long as we maintain a stationary population, few in this crowded island will be perturbed, but when it begins to fall, alarm will slowly arise and even greater attention will be paid to maternity and child welfare services in order to preserve those, some of whom may perhaps be born by mistake whether legitimate or illegitimate, or to encourage parents to have more than the present fashionable, meagre and only child. Birth control when properly applied by sensible people with a considered plan is not be decried, but when young married couples are tempted by contraceptive literature, by temptations to squander their money on pleasures and amusements and by the erection of those pseudo homes in the form of flats, it is little wonder that they evade the responsibilities and expenses of the rearing of

children, when to avoid them is so attractive and cheap. Family limitation is not universal, but is unequal among the various social groups and we require some reorientation. If the great middle classes are the backbone of this country, they should be encouraged by taxation relief or by more generous family allowances to produce their kind and the same applies to very many decent clean-living members of the so-called working classes; but when one reaches the social problem group, made up of the feckless and the reckless, the drunkards and the defectives, then steps should be taken to ensure that they cease to continue to produce child after child and drain the resources provided by the State for social services, which could be so much better expended for the benefit of those who deserve them". —*The Medical Officer, 10th Aug. '35, Page 59.*

Eye Strain.—Among over 10,000 employees in factories and commercial houses examined by the Life Extension Institute, 53 per cent had uncorrected faulty vision. The Institute, in its examination of 675 employees in the Underwood Typewriter Company—individuals engaged in close work, found 58 per cent in need of correction by glasses. Fisk reports the condition of lighting in 446 plants as follows: excellent 8. 7. per cent; good, 32. 0. per cent; fair, 29. 1 per cent; poor, 18. 8. per cent: very poor, 3.5 per cent; partly good and partly poor, 7.8. per cent. He states that the Industrial Commission of Pennsylvania reported that last year 18 persons lost both eyes in industrial accidents, the compensation totalling $ 63,731; 652 workmen lost one eye, the compensation totalling $ 826,731.

Dr. Fisk adduces statistics to show how corrected eye-sight, increased the productivity 28 per cent in the Whiting-Davis Co., where a large amount of close, fine work is done; he also points out the need of providing adequate illumination for the entire industry, and shows how by the use of safety goggles the eye accidents in the American Locomotive Co.. has been reduced from 38. 9 per 1,000 of full-time men per year during 1910-13, to 15 7 in 1915 and the number of eyes lost during the same period from 10. 5. to 2.—*A Half century of Public Health. Published by the American Public Health Association.*

Water Waste and Economy.—Are there any limits to the folly of local authorities? Sir George Newman in his annual reports regularly exposed some examples, though we imagined the species who deliberately risked the health of the people for the sake of economy was extinct. One reads of such things in France but an occurrence in Scotland saves us from any satisfaction that we are not as our neighbours. It is in the very far North (if that counts for anything), that a Burgh Council has resolved to disuse an expensive water-purifying plant and revert to a supply from an obviously contaminated source. Despite the protests of their M.O., the complaints of the local hospital staff of the effects on the patients and the serious admonition of the Health Department, they persist in their pig-headed policy. Looking at it in the light of prudence rather than parsimony, most areas go

to the other extreme in allowing water waste. A rural M. O. H. was lately telling the Institute of Sanitary Engineers how much it exercises foreign visitors to see our prodigal use of drinking water for every domestic purpose, even car-washing and garden watering! Admitting the objections to a dual supply, he hinted at a way of economising potable water by remarking that the effluents from sewage works compared not unfavourably with the water in the "week-end bathing pools of road-side hostels." He can hardly have been thinking of the Metropolis, where in spite of the colossal outlay on sewage, the Thames is again becoming as Disraeli called it in 1855, "A Stygian Lake".—From *The Medical World of 13th Sep. '35.*

The Sun and His Seven Horses.—The mythology of the Sun's daily travel in a Chariot of seven horses is attempted to be scientifically explained by Dr. P. M. Mehta, M.D., M.S., F.C.P.S., Chief Medical Officer, Nawanagar State, in these words :—

" In India, the Sun is worshipped since the Vedic times ; in the Yajur Veda,the Sun is described as the Atma of all that moves and of all that does not move. In our mythology, the Sun is depicted as riding in a one-wheeled chariot driven on the supportless inane by a charioteer who has no legs and to which are yoked seven horses and the reins, which control them, are live serpents. By a little stretch of imagination we can interpret this legendary description in terms of modern science. The seven horses are the seven kinds of rays which form the visible portion of the Solar Spectrum. A serpentine motion is imparted to them by the peculiar reins which the limbless charioteer but ill controls them. This suggests the unequal wave lengths of the radiations which, however, travel with the same velocity. The horses, tied to the same yoke, must maintain a uniform speed despite their unequal strides, their frequency varying in inverse proportion to their length. One wheel suggests the incredible velocity of the solar radiations and the want of support is suggestive of their passage through the immense ethereal ocean".

Again, as regards Sun-Worship in Ancient India, he observes :—

"I am not sure how heliotherapy was practised in India. But there are certain ceremonial practices enjoined by the Shastras which may be construed as having a therapeutic origin. The Sun-worshipper is directed to stand facing the Sun after his ablutions with only a loin cloth on, to stretch his hands so as to shade the head and then offer his prayers. He has then to veer round so as to expose his side to the rays of the Sun and offer another set of prayers and so on till all the four sides are by turn insolated. Many wholesome practices are in this way enjoined in the garb of religion. In Sanskrit literature there are unmistakable references to cures of leprosy and skin affections by exposure to sun's rays".—*From Health and Happiness Vol. XXIII, No. 8, Page 179.*

Hot Baths add to the Efficiency of Quinine.—In persons suffering from chronic, malarial infection, the parasites which give rise to the

disease are sometimes absent from the blood, although they are always present during an acute attack. When not to be found in the blood, the parasites are believed to be hiding in the spleen and other vascular organs. The effect of a hot bath is to bring the parasites out into the circulation, the result of which is the occurrence of a chill. This fact renders hot baths valuable as an aid in combating malarial fever. In connection with the hot baths, small doses of quinine may succeed in destroying the parasites, when, without the hot baths, large doses would prove inefficient.—*Good Health* (*U. S. A.*)

School Desks and Posture.— In Sheffield schools, desks are mostly of the dual type and, although there is a number of sizes of desks, it is not possible to see that every child gets adequately fitted. Dr. G. E. Saint Clair Stockwell, S. M. O., writes: "It is still the principle to fit the child to the desk, instead of the desk to the child, with consequent undoing of much of the benefit of physical instruction. Every child should be fitted by at least four measurements:—1. Height of seat from floor—feet should reach the floor comfortably. 2. Depth of seat from back to front. This should bear a relationship to the length of thigh when seated. 3. Position of back rest. This should meet the back at a correct point for support. 4. Height of writing surface from floor should be so arranged that, when the other points have been adjusted the child may write in a comfortable position." Dr. Stockwell adds that a wrong desk induces bad posture and tends to produce various deformities. —*The Medical Officer.*

Gauges of Civilization.—When the number of American women giving birth to children, and dying in the course of such childbirth, has been reduced to something within reason, and when a proportionate success shall have been achieved in other countries, there will be, presumably, a pretty high type of civilization in the world.

It may be assumed that a world which will not tolerate high maternal mortality will not tolerate war, for the spirit that until now has condoned the sacrifice of mothers on a large scale is essentially the same spirit that sends boys to the shambles without a qualm. The truth is that a low type of civilization cares less about either its young mother or its young manhood than it professes to do.

If mothers are worth saving, men's lives are precious.

These things serve as indices of progress.

In the meantime, let less wonderment be expressed at our high maternal mortality. — *From Medical Times of Sep. '35 page 293.*

The Housing Problem.—The three most important conditions in connection with the housing problem are:—

(1) The high initial cost of even the smallest family dwelling which will satisfy modern standards.

(2) The permanent, and immoveable character of houses when erected.

(3) The custom by which the majority of consumers of this particular commodity borrow their house, instead of buying it, paying for it a periodical rent.—Encyclopædia Britannica.—*The Young Builder.*